

Get ready to bring your wildest dreams into life...

JENNY BROWN



easy to
MANIFEST

FORCE THE UNIVERSE TO GIVE YOU ANYTHING

Thousands of Success Stories Can't Be Wrong!

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INTRODUCTION

Hi, my name is Jenny Brown, and I'm an internationally-recognized life coach & energy consultant.

Since discovering the power of manifestation, I have gone from being \$23,000 in debt, depressed, anxious, and stuck in a high-pressure job, to having a more joyful, abundant life than I could have ever imagined for myself.

And, so far, I have helped over 8,497 people around the world to manifest their dream life, all by using the steps outlined in this

highly practical guide.

So, let me ask you... Do you want to have complete financial freedom, so you are free to do whatever you want, without having to ever worry about money?

Do you want to find your soulmate, or become closer and more deeply in love with your partner than you ever thought possible? Do you want to improve your health, so you look amazing, feel amazing, and always have an abundance of energy? Then you're in luck, because this is your first step towards manifesting your dream life.

So if there is anything you want to change and improve in your life right now... maybe it's your finances, your love-life, or your health... Then this guide-book will give you the first 10 steps you need to turn things

around, and start effortlessly manifesting what you REALLY want in your life.

When you practice all of these steps, you will see some incredible results taking place in your life. And, best of all, even BEFORE all the money, success and opportunities start flowing your way, you'll experience the amazing sense of happiness, satisfaction, and joy that comes from connecting with your true inner self.

Sound good? Your life is about to explode into something magical... a life of wealth, abundance, fantastic relationships, love that knows no bounds and a freedom-filled career like you've never known before.

So, let's dive right in!

“We like things to manifest right away, and they may not. Many times, we’re just planting a seed and we don’t know exactly how it is going to come to fruition. It’s hard for us to realize that what we see in front of us might not be the end of the story.” — Sharon Salzberg

We are all interconnected. On an atomic and sub-atomic level, our energy and the fundamental building-blocks of our matter are all intertwined. Our atoms connect to the atoms in the air, which then connect to other organic matter, humans, animals, plants, trees and everything else.

While the complexities of life after billions of years of evolution have created a diverse set of organisms here on earth, we still all stem from the same, single source, which can be traced back not only to the very beginnings of the earth's existence, but also to the start of the universe itself, and time as we now know it today.

It's that single source of energy and the random mutations after countless iterations in the tree of evolution that have created the unique beings that we are today. We are all different in small ways. Yet, some of us are different in very big ways. Not just in our physical appearances, but in our mental, emotional and spiritual states.

With all of this differentiation comes a wide-ranging approach to one common theme that binds us all: money. Money, in fact, is simply a story. It's the most successful story that humanity has ever created. Beyond the invention of language, which enabled communication, money has enabled commerce, and has moved us beyond merely bartering for, and exchanging goods and services as we once solely did ages ago.

Simply put, money is just a story that someone invented and that took hold. It was decided, that some particular shape of coin, or inlaid metallic object, and piece of paper was worth more than the material it represented. This started out as a thought in someone's mind. That thought is now commonplace. We now expect that a piece of paper with a certain number on it, with a specific color and other identifying elements, is worth something more than the paper it's printed on.

Can you imagine telling that to a person thousands of years ago? They would have laughed at you. But that thought took hold and it became a story. It was a story that was told and retold by countless others across hundreds and hundreds of years during modern civilization before it became a self-evident truth.

The thoughts in our minds, which pass as energy across synapses in our neurons, help to move us towards or away from any one objective or outcome. What we think, we actually become. Money, in effect, is simply a thought. It springs to life from the energy in our minds.

However, I know the general frame of mind here is that you can't manifest money into your life by using the Law of Attraction. Yet, over and over again, people use this precise technique to help them move towards greater financial prosperity. You've likely even heard of people "willing" themselves into winning the lottery and receiving other types of windfalls.

Still, there's a difference between wishing for something to come to pass and in expecting it to come to pass. When you expect something to come to pass, you've already made up your mind about it, and all of your resultant thoughts, emotions and behaviors revolve around that expectant outcome. You've decided. That's it.

We can easily manifest money into our lives, or anything else for that matter, by expecting it to come to pass. Wishing and hoping doesn't work. The Law of Attraction is founded on an expectation of a specific outcome. It revolves around the potential positive or negative energy that a given thought takes in your mind. When you expect the worst to happen, it often happens. When you expect the opposite, that often occurs as well.

This isn't mumbo jumbo or some pseudoscience; this is real and exact. There is a precise way to manifest virtually any amount of money into your life over time using the Law of Attraction as long as you don't waver from your approach and your expectation of that outcome. As long as you don't get discouraged and give up on that expected outcome, it will eventually come to pass.

Yet, things might take longer than you expect for them to occur, and that's quite alright. Not everything will happen within the timeframe that we decide for them to happen. In fact, it's often far-removed from that.

But as long as we don't waver in our expectations and don't falter in our persistence, they always come to pass. Always.

CHAPTER 1

Your Field Of Dreams Breakthrough

If I could share one single thing with you today that I know would make the biggest difference to your future it's this...

You are living in an energy field, a potential field of dreams.

The field is like a room around you. It's a room lit up by the strongest emotion you carry.

Granted at times, that "dominant" emotion can be sadness, loneliness or fear.

But, just like Mary Poppins clicking her fingers, I want to show you that you can change that field naturally and easily.

It unleashes the law of attraction in your life instantly.

For instance, they say

"When I get what I want, then I'll be fulfilled."

or

"When I find my true love, then I'll feel better about myself."

Or my personal favorite

"When I'm happy, then I'll feel grateful and blessed."

It's all the wrong way round of course.

The secret of "Going First" with energy...

You create the magnetic field for the thing you desire, in advance.

It's called "going first". The universe delights in playing this game with you.

Instead of trying to force things to change, what you do is create an energy space in which the change you desire is compelled to show up.

For instance, If you desire more money landing in your bank account...or to feel the loving embrace of a new partner...or the experience of your body, mind and spirit awakening with health and blissful energy...

Then think first about how that would feel

What will it be like when your dreams manifest? What will it change about your energy and your attitude?

Create those feelings and emotions right now.

Sure enough, the required abundance will shortly begin to grow and show itself. Just as green shoots appear in springtime. Just as the sun rises in the morning sky.

Can this really, and finally happen for you?

Of course!

Simply doubting you can get the life you want is another example of going first. The universe follows suit with more "doubt energy".

A lot of people fall into this trap. They sadly make life very, very difficult for themselves.

By "going first" with gratitude, hope, positivity, you literally force the universe to start manifesting your dreams. I can sum this philosophy up in three words... "Field of Dreams"

Just like Kevin Costner in the movie of the same name, you start with building a space. Decide what you want and build an energy field that “points the magnet”.

OK, so he built a baseball field and mysterious players showed up.

Is it your turn to manifest your own field of dreams?

But you could just as easily build a field for happiness, wealth, true love, wonderful health. Anything you choose to ask of the universe is infinitely more likely to show up in the right magnetic field. This is a scientific fact as powerful as gravity.

Try this out for yourself. It’s simple. All you’re really doing is creating an energy space in which the universe can deliver the corresponding goodies.

And it’s so much easier to change this than you think. You just need to practice pointing the magnet correctly. You’ll soon get the hang of it.

As you become skilled at the process, the universe will start delivering more and more of what you want into your life.

Another way to achieve this is to rediscover the magical energy of childhood.

Acknowledge the vast seams of hidden treasure in your own consciousness. And be prepared to free it...unleash it in your life.

So much of the joy children are capable of experiencing comes from their natural ability to simply connect to a field of dreams – to tune effortlessly into a magical frequency in which wonderful things appear.

Children just know how to point the magnet. They have their own magical place the adults don’t know about. They still believe they have magical powers (like invisibility and talking silently with animals)

As adults we can re-discover SO much from their beautiful processes

Imagine walking out the door today and instead of saying to yourself “I’m going to work” ...you say, just like a child would

“I’m going out to play!”

You will be creating a field of dreams in your day ahead. And every day would now be a more exciting adventure than the next.

This phenomenon is known scientifically as the correlation effect. It’s the most powerful scientific rule I know of for getting the Law of Attraction to work.

You’ve probably not spent too much time practicing it in the past. But wouldn’t today be a great day to start?

The magical 1% rule

Imagine if there was one small thing you could do each day which would instantly change your manifestation results.

Something that would transform your love life and relationships...your career...your emotional strength and self belief...your confidence...even your financial abundance.

Allow me to share with you EXACTLY such a secret. I’ve seen this magic 1% rule work again and again for people looking for a true personal breakthrough.

I asked a group “Which do you want...A million dollars in your hand right now, or a single penny? If you take the penny, I’ll double it tomorrow and I’ll continue to double it each day for 31 days.”

And the clincher for this imagination exercise to really work...

“You have just 3 seconds to make your decision or the money box slams shut forever.”

Of course the vast majority of my training group will take the safe million. Their intuition suggests it's the best answer. But the truth is if you take the 1 penny then in 31 days you'll have a suitcase containing \$10.7 million.

This is a stunning example of what happens when you banish scarcity from your mindset. Instead you embrace abundant thinking and the principles of unlimited potential.

It's absolutely critical for you to grasp the fact that small changes and baby steps really DO pay huge dividends.

And there's another reason why the magic of quantum change is something you must fully digest and understand

It's this...

If you don't commit to making a 1% positive shift every day, what happens is that you will almost certainly move in the opposite direction.

It's a well known law of physics. Things never stay the same. We are always growing in one direction or the opposite.

However what really horrifies them is when they realize that the damage is constantly growing, just like the penny (but in a much darker way).

But here's the truly wonderful news...

Tell me honestly. Could you commit to improving some aspect of your life by 1% each day?

Perhaps 1% more forgiveness. 1% more positive energy. 1% professional improvement? Even 1% more growth in your relationship with yourself?

If so, within a year, your life can be approximately 70,000 times better!

No exaggeration. This is what Einstein called the eighth wonder of the world – The miracle of compound interest. What would have happened if you'd started this tiny commitment a year ago, or a month ago? The most important thing to grasp is this.

Even in just a week or two of following the 1% rule, it will feel as if you have DOUBLED your feelings of energy, confidence and abundance.

Wow! If this doesn't inspire you, maybe it's time to check your pulse.

By the way, you can apply this magic formula to anything: Health, relationships, financial abundance, your business, your career. Even if you bounce from one to the other it's fine. The universe doesn't care. So long as you invest in yourself. So long as you're improving SOME aspect of your inner or outer life every day by 1%, you'll experience the magic results faster than you'd imagine possible.

CHAPTER 2

The Secret Behind “The Secret”

Rather than just trying to “do” The Secret...“BE” The Secret...

In my experience, the quickest and most certain route to a life of abundance is to become what I call an Attraction Catalyst. (In other words, an expert at transformation and making the law of attraction really work)

It's an energy shift that has the power to change your life. And you can start the process of becoming a transformation expert straight away.

So what exactly is an Attraction Catalyst?

Well understand...Right at this very moment, as you're reading these words, you have the ability to make a decision. You can make the decision to be a person who makes positive changes for yourself AND for other people.

A good way to think of it is this. You are becoming a "secret life coach", for yourself and for others. Nobody knows what you're doing. It's kind of a secret. But for you, from this moment onwards, it's a conscious decision.

By living this way and constantly making other people's lives better, you soon start to understand the true nature of change, and the dynamic of creating delightful changes for yourself, for your family, and for anyone else you wish.

Let me tell you about someone who was a Catalyst in this way.

It's Amelie in the movie of the same name. Amelie was always making things happen. She constantly created random acts of kindness for others. She found one man's long lost boyhood treasures for him. He didn't know who'd found them and brought them to him. But it made him cry with happiness.

Eventually after being a secret life coach for all these other people, Amelie attracts love and happiness for herself.

You can do this yourself. You can become someone who purposefully creates ripples in the universe. Did you know, everything you do energetically ripples out and affects others? And the ripples then come

back to you. This process is fast. Don't underestimate how possible it is for you to be a true catalyst for change. You can be a magnet for all the positive ripples floating around out there. Like a radio station, you can tune into the good stuff. Starting right now.

Just walking around day to day in this secret life coach frequency, you soon notice how people start to feel more inspired and happy just to be around you. You start to control the energy of any situation. You can choose excitement, love, peace, fun. You're able to change the energy in a room just by being there and by being the authentic you.

It's like magic. And why is it SO important?

Because when you can master energy and use it to cause ripples, you get to choose the life you want to attract. Your personal value to the world becomes enormous. And that value comes right back at you in whichever form you choose. Become an Attraction Catalyst (a secret life coach) and abundance becomes child's play.

Keep reading these tips I'm sharing with you today, and you'll be amazed at just how much magical change starts to quickly show up in your life.

Wonderful news about procrastination

Great news!

Procrastination (just like stress, anxiety, guilt and a whole load of other ball and chains) is a true skill.

You are already a master of this seemingly mysterious skill.

You now simply need to know how to use it to get what you want instead of what you don't want.

Which skill am I talking about?

Your imagination of course.

You **MUST** have a great imagination in order to be able to practice procrastination to a high level. (In these 10 astonishing tips, I hope I'm showing you step-by-step, how to overhaul your imagination so that you can use it to create your dream life rather quickly.)

Let's talk about procrastination...

It is not a passive activity. It is exhausting. It takes just as much energy as a positive action, but without a desirable result. When people procrastinate all the time, they become painfully tired.

From a friend to a friend, Stop doing it. Start taking action on your dreams even if it's only small steps to start.

Have you ever got into a car and had one foot on the brake so that car's not going anywhere? But, the other foot is pressing down hard on the accelerator? You can imagine that vehicle is trying so hard to go somewhere, but the other foot is stopping it...

What happens?

Stalemate. You become painfully stuck.

Imagine doing the same thing in your mind.

One part of your brain saying "Go! Go! Go!... let's achieve, let's be successful, let's do whatever we're going to do to attract our dream life!" Then you've got this other part saying "Let's stay where we are. Let's stay safe. Let's stay stuck."

You just have to look at artists and writers. Those guys want to write a great novel or create some kind of masterpiece. But the fear in their

mind paralyses them. Their song stays locked in their heart. The world misses out.

Have you ever met a writer (or entrepreneur or artist) who can tell you about 20 different ideas for books they're "going to write", but they can't tell you've one that they've completed and put out there?

I'll put my hand up, I've been there. I've been that person. It's soul destroying. Procrastinators often get out of bed at the crack of 11am and they're totally worn out already. They're yawning. Exhausted because they're spending their whole lives fighting themselves and putting off achieving their dreams for another day.

You don't have to change the world in a day. You don't have to force yourself to do anything. Simply commit to the Ed Lester 1% rule for an abundant life and procrastination will soon disappear forever (along with the destructive energies of fear and doubt that glue it in place).

What I'm talking about here, by the way, is something I call the "Imagination Paradox". This is the phenomenon that causes people to take their greatest gift and use it against themselves. They self sabotage.

If you're someone who knows they're capable of (and hopefully destined for) great things, but nothing's showing up yet...

Then you're almost certainly a victim of the imagination paradox.

The great news for you?

You can use your imagination to achieve pretty much anything you want, once you rediscover how to use it optimally.

If you'd like help using the Law of Attraction to remove procrastination from your life forever, [click here](#) to receive my free manifestation gift set.

Meanwhile, keep reading these tips and soon you'll become a true imagination expert who can manifest miracle after miracle...

CHAPTER 3

Discover your hidden gifts and talents

Right here, I want to share with you the most incredible tip for unlocking your deserved success. The best news of all, you already have what you need inside of you.

Plus, in just a few moments you'll understand how to unleash your potential and your power so you can attract anything you wish to attract.

Let's begin with a simple, irrefutable fact.

You are totally unique.

The truth is, if you could travel to every world, every planet in this universe you would still not find another you. You are wonderful and special and unique, just as you are. This is not an opinion, it's a fact.

There never was another you and there never will be. When you finally and truly grasp this fact and own this power, you will not just be good at using the laws of abundance. You'll be an expert.

Think about Batman (it could be any superhero). At the beginning of the movie he has to go into his cave. He has to discover who he really is and what his superpowers can be. Then he needs to put on his suit and go out into the world living his purpose.

Until he knows who he is and "wears" his power from the inside out he can't help anyone.

So how do you discover your true power, the thing I call your source code?

How to you reconnect with the energies and gifts that make you superhuman?

Well the clues are everywhere. The better you get at introspection and being open to the lessons, the more lightbulb moments you'll experience.

Another way you can understand and discover your "hidden gift" is like this...

Imagine going back in time to when you were a very young child. Now observe that beautiful being (you) at play. You're busy doing whatever it was you did. Maybe you were cheeky? Maybe you were serious? Many you were mischievous...or creative...or nurturing of others?

Whatever it was, you were perfect just as you were. And so much of that unique energy is still within you today. For most people it's hidden, like buried treasure waiting to be discovered.

When you acknowledge the truth of your uniqueness and embrace your source code, you become superhuman. It's so freeing and energizing. My advice is not to discover all the answers in one go, but to at least step onto the path of accepting and respecting your uniqueness.

The next step is owning your power and respecting the value it gives you. Baby steps will serve you very well right now. Like Shrek the ogre (or like an onion), you can open this thing layer by layer.

Meanwhile, keep reading as I share with you how to use your hidden powers to attract your dreams into your personal universe...

Enjoy deep loving relationships

You can attract the most incredible, priceless lessons every day, if you're open to them.

For instance here's one to help you build a confident and loving relationship with yourself (or anyone else for that matter)

Follow the path I'm going to lay out and your will soon start to reach your true and incredible potential...

In fact, a lightbulb went off in my mind (and will for you too)...

Did you know there are 4 layers of every rainforest...

The three main layers are:

The forest floor (which receives 2% of the sunlight. It's a dark place)

The understory. This is where much of the wildlife lives. (It's still pretty dark)

The canopy. Supposedly the top of the rainforest

But then comes a fourth layer. It's called the "Emergent Layer". It's higher than high. It's the realm of the trees that know no limits. They just keep growing above the canopy.

This interestingly is where the eagles fly and where you can find amazing butterflies living in freedom.

I can't help thinking that we are all very much like these rainforests. Even when we're living in the darkest of times and places, we still have the potential to grow. To let our spirits soar and embrace our own emergent layer.

Your abundant and emergent part is the part I call your “source code”. It lives in unlimited love light and freedom. And it wants you to follow it there just like one of those butterflies.

Love who you could be and who you can become when you follow this path to your potential.

Respect your true value and potential and soon you’ll be happier than you ever imagined. And you’ll be able to sell your value to the world as effortlessly and naturally as Mother Theresa and Martin Luther King. (Yes they were both A+ level salespeople, or rainmakers if you will).

This definitely is achievable for you. It all starts by experiencing your value from the perspective of other people. People in this world need your beautiful energy. The laws of attraction and abundance will recognize and reward your self-awareness and your willingness to live in emergent energy.

Let me ask you something...

Have you ever tried to go out and put on a workshop or a training program or publish a book or some other creative endeavor?

What you may or may not know is that giving away that training program or product is just as hard as selling it.

A quick side note on value:

Giving stuff away and underestimating your true value can be so damaging. It affects your sense of self worth. You start to doubt yourself. You start to wonder “Am I good enough?” You start to ask all of those negative, self-defeating questions.

What I’m here to tell you is that you are as valuable as all the diamonds and treasure in the world. When you understand and own that for

yourself, you'll stand taller than your previous canopy, and the universe will reward you with a constant stream of abundance.

Keep reading through these tips and secrets and soon you'll discover that your relationship with yourself...your confidence in your abilities...and your emotional energy and power...will start to grow and strengthen rapidly...

CHAPTER 4

The most powerful law of attraction secret

Here's a powerful breakthrough tip that can change your life in as little as 24 hours.

Let me ask you a question...

Have you previously studied one or more of the following?

Hypnosis, meditation, energy healing, affirmations, reiki, prayer, NLP, Qi gong, yoga, mindfulness, etc...etc...

These are all powerful tools, but above all else I want you to see them as channels for abundance. I want you to accept the possibility of attracting more abundance in every single situation you encounter.

Every meeting...every experience...even every dream you have when you're sleeping...is a chance for you to make your life happier and more abundant. I call this your dream machine.

It's the ingenious mechanism you have inside of you for creating powerful transformations out of anything (Even out of a trip to the museum).

And when you've experienced these transformations and discoveries, you can take them out into the world and share them with others. Like I did in tip number 6. (And you'll be a secret life coach for others. See how neatly this all knits together?)

I know I'm introducing you to a very different way of looking at the world today. But my teachings and principles I promise have the power to change everything for you. When you absorb these 57 tips deeply into your being, you achieve what's called subconscious competence. You become incredibly skilled at changing and creating your world.

Your dream machine needs to be trained to be constantly active. So you never miss a single opportunity.

The biggest changes I ever made in my life happened as a result of everyday events. The key was to always have my attraction channels open and my dream machine running.

In fact, my biggest personal development breakthrough came as a result of cutting class with some friends when I was 15 years old and choosing to walk up a staircase.

Imagine that, something as mundane as walking up a staircase and my whole life changed forever. Ok, it's true at the top of the staircase was a hypnotherapist who taught me infinitely more in 30 minutes than school had taught me more than 10 years.

Also, my biggest adventure in love (meeting my wife Ruth nearly 20 years ago) was born of a night out with some crazy Norwegian musician friends of mine. It was the last situation you would expect to find your soulmate in. But again, the channels were open for it.

The point is, you can go through any personal development program in history. Any of the great books "The Secret" and "Think and Grow

Rich”. An Anthony Robbins program. The real masters all understand the same secret. It’s not just the tools and techniques that make a difference. It’s showing people how to open a channel to abundance that really counts.

So how do you do that?

You simply decide to be open to it. Just like it’s been proven by scientists (Look up Dr Wiseman) that people who decide to label themselves “lucky” are far more likely to find money in the street, so it is with you.

If you’re open to the idea of your life changing in the next 24 hours, it probably will.

This is the way to get the universe flowing into your personal universe.

Million dollar abundance advice from a famous poet...

Successful and abundant people have a clear advantage. They’re able to connect to powers most people can’t access. From today, you’ll be able to see the universe the same way. You’ll have the gift of being able to utilize these same unseen forces.

Don’t wait for science to catch up several hundred years from now. Use the power of love, attraction and transformation NOW. Just because you can’t see angels and wise mentors in front of you right now, doesn’t mean you can’t imagine them as true and reap the benefits. You have the same opportunity as anyone else to make this quantum imagination jump.

All abundant and successful people throughout history have harnessed invisible forces and reaped enormous benefits and riches from doing so.

Suspension of disbelief is one of the big keys to everything we do when we walk the path of abundance. It doesn't mean that we're lying to ourselves. It doesn't mean we're believing something that isn't true. It means we're switching off the inner sceptic temporarily so that we can let our imagination soar.

If you've ever struggled to get your mind positively focused. If you've ever found the gremlins of doubt and fear pestering you and dragging your energy low, consider this...

Let that truth resonate for a moment...

There's no doubt whatsoever, that when a child decides she's going to be a princess, she doesn't say she's going to pretend to be a princess or to do princess things. She says, "I'm going to BE a princess," and she does precisely that. She believes it with every fiber of her being. She's a princess. You point to a chair or the table and say, "Is that a princess castle?" The answer is "Absolutely it's a princess castle!"

Now if you quizzed her in a logical way, and you really kind of drilled in, she would admit it's not really a princess castle. But that's not the point.

The subconscious, the childlike part is saying, It's a fairy castle. It's an actual fact on that level.

So tell your subconscious to play with any alternate reality you choose. It will play the game like a child and an artist. And it will generate quite breathtaking results for you.

If you're ready to take a quantum leap then be sure to keep reading. Each of these secrets can set off a lightbulb and help you make a huge personal breakthrough. Combined, their power is infinite...

CHAPTER 5

Staying positively focused (even when it feels hard)

Ever felt like the law of attraction is too hard. You just can't get it to work?

My advice?

Don't try to do this all alone. You don't need to.

In a practical concrete sense, help is everywhere. For instance, as you've probably realised by now, your energy is a reflection of the handful of people you spend the most time with.

Which 5 people do you spend the most time with?

Thanks to the power of the internet and the cloud, you can now spend casual, fun, energy building time with anyone you choose.

For example, I just spent a wonderful 30 minutes with Oprah, Richard Branson and Marianne Williamson.

On YouTube.

They really helped me with some stuff I've been struggling with.

And this works in a more spiritual sense too...

Because help really is everywhere. Divine, magical connection and personal power are instantly available to you. Your best friend...your true love and soul mate...your inspiration...your true purpose...your angels of health and healing...your source code for abundance...are all powerful energies just waiting to find you, once you plug into the infinite.

Computers are always trying to emulate what the mind already does. The thing many people forget is that the mind came before the computer and will always be way more powerful.

Steve Jobs understood the power of the cloud, of connection with the infinite. My belief is that our minds are able to do exactly the same thing. They can connect with infinite energy and power in the universe.

Imagine if your mind is a part of a bigger cloud. That's a real abundant way of thinking. Because then there's no limit to what you can perceive and then achieve.

Again you don't need to understand exactly how this works. You just need to suspend disbelief for a moment and call upon those invisible powers in the cloud to help you.

Because just when you think you've hit your limits, the cloud will get bigger. Perhaps that true infinite power is what Steve Jobs glimpsed with his dying words "Oh Wow. Oh Wow. Oh Wow."

A very strange tip that always works

Here's a strange tip, but one that has never, ever let me down. Just like a true friend who tells you when you have a coffee moustache.

Here it is. My genuine wish for you...

Embrace confusion, uncertainty, even frustration as friends.

Develop a belief in what we call the "reverse paradigm shift". In other words, go for it before you have all the answers. Those so called negative energies (known as cognitive dissonance) are actually the magical seeds of creation and unlimited possibilities. Your destiny and your abundance will always be preceded by confusion and uncertainty. Ask anyone who's been on the journey.

They ALL had a moment where they didn't know if it would work. They didn't know exactly what to do. But they did it anyway.

My students get very cross with me on the first day of a training program when I say "One of my goals today is to make you as confused as possible."

But you see, confusion really is a great way to learn. There's no doubt in my mind about this.

It's how changes happen. It's how energy blocks shift. And so, if you get confused, that's good. It's not a bad thing. Those students who leave my training courses at the end of the day feeling quite confused – they usually come in the morning looking 10 years younger, like "Wow, it's all starting to make sense now."

So embrace a little confusion and uncertainty, and experience the reverse paradigm shift. In other words, experience the aha... The blessed light bulb moment, before it happens.

Waiting for it to happen is not the way of the abundant person. And, just to repeat myself, it doesn't have to be all or nothing (death or glory). The universe loves baby steps and small hinges open massive doors.

Create Unstoppable Beliefs

Accelerated Learning – You can choose to learn slowly or quickly. If you choose quickly, you're ready to learn the power of quantum shifting.

Did you know you can learn to sing confidently in way less than a minute. But for now just know there are incredible opportunities looking for you.

Within days from now you can attract your true love...set up a business that will change the world...get a better job than what you ever

imagined possible...start to reclaim your health...rediscover your confidence and connect with the bliss of your true purpose. I've seen it happen so many times to people I know and clients of mine. Accelerated learning is a choice that allows you to build all the beautiful, powerful beliefs which will get you there quickly.

A lot of my business and life heroes had similar source code and had to discover that their way wasn't the same as others.

John Lennon was told he wouldn't amount to anything. Oprah was sacked for being too emotional (haha I LOVE that one). Einstein, amongst many others, was called lazy and an "average" student.

Many schools don't teach you what you could be. They just teach you how to be average. They certainly don't understand your true path in the way you do. It's not their fault, and if, like me, you fell for it, it's not your fault either.

And you know the most important thing that schools aren't able to do for you? They can't give you permission to succeed.

I hereby give you unconditional permission to be yourself and to succeed in becoming the most abundant version of yourself.

The big question now is, "Do you give yourself 100% permission to be yourself...to walk in your true source code energy...and to succeed in attracting all your dreams?"

There is no special certificate that someone is going to give you to say you're ok. As I always tell my students, the key certificate you get in life is the invisible one you give yourself that says "You're OK kid."

Do you see Elton John pinning his certificates on the wall behind him to prove to the world he's a great pianist and performer?

You do not.

Now go find your “piano” and make beautiful music. You know you’re close. I’m hopefully giving you the benevolent and supportive prod you need right now.

CHAPTER 6

Banish guilt and negative self-talk forever

Banish guilt and feelings of self-doubt from your life and your internal world forever. No negotiation. I did it, and it worked like a dream. You have no more right or need to feel any more guilty than a butterfly. And like a butterfly, you are free to fly and celebrate your uniqueness today. You are ready for a life of awesome results and celebration. But are you ready to give yourself permission to do this yet?

Everyone struggles with these energies at times. For instance, even Oprah cried when she was taught that forgiveness is for your benefit and not for the other person (usually her job is to make the guest experience breakthroughs and tears, not the other way round).

Now back to guilt...

One of the things that they never taught everyone at school was how people try to make you feel guilty. It’s not a malicious thing, it’s a subconscious thing. Just like when you’re on a diet, close friends and family seem to like handing you cream cakes. Some people can’t help doing the same thing with the gift of guilt.

When it comes to the laws of abundance, I can’t recommend highly enough that you banish both guilt and self doubt from your life as quickly as you can.

I made that decision a long time ago. It was the work of a moment. It's a great moment that can get you from the emergency room of life to the abundance room very quickly.

One way to achieve it is to unconditionally forgive yourself for everything in the past.

If you've ever had a business that failed, or a marriage that ended, you know how terrible it can feel. They are great examples of things that can leave people feeling unfairly guilty.

If you've ever learned NLP, you'll understand the concept of "Reframing". So how do we reframe the guilt, for example of a failed business?

You simply remind yourself that of the 50 most successful business people in modern history, 49 of them had businesses go bankrupt.

So if all these guys that were ultimately very successful, learned that failure (like confusion) is a stepping stone on the road to abundance, surely we can all learn the same lesson too?

In other words, embrace the concept "There is no failure, just feedback" and "There is no wrong turn, just a winding road."

How to never experience feelings of failure

Understand your true source code and you can NEVER experience failure again. Living in your authentic truth can never be wrong. In fact, you'll feel exhilarated.

Think about the strengths and energies that make you unique. When you were a child you thought to yourself "Wow, I am ME. Nobody else is me or can feel the feelings I feel. They're mine alone. This energy is uniquely my energy." Then, of course, the world trained you out of this

way of seeing things. You wanted to be the same as everyone else (or at least, they wanted you to be the same). Breaking free and removing failure from your vocabulary allows you to follow your bliss with ease.

If the programs that you're running in your mind are not getting you the results you want right now in life, if you're feeling disappointed, frustrated, exhausted or broke, I want you to consider the possibility of simply changing the program you're running.

You may have heard the quote on the TV show "Madmen", "if you don't like what's being said, you can always change the conversation". This applies to your inner world just as much as the outside world.

I know some women who are very beautiful but think they're ugly. It's no use arguing with them and telling them they're attractive. They won't thank you for it because it's not what their affirmation is telling them is true.

A better idea is to ask them how they KNOW their belief to be true. What proof do they have? Who gave them this affirmation? Do they still want to carry it around?

You see, now I'm teaching you how to be a true Attraction Catalyst for others!

Pep talk from a friend

Stop looking at the horizons in front of you and feeling overwhelmed. Look at the horizon behind you. It's just as far and infinite. Think about how far you've travelled already. And, allow yourself a small tear of pride. Give yourself a pat on the back for the efforts you've made, the roads you've travelled. The universe thanks you for being part of this amazing story we're all creating together.

I'm sure you've heard the story of Thomas Edison trying to make his lightbulb work. He spent all his time trying, did thousands of experiments, yet would always make the bulbs explode. His affirmation was that he KNEW one day he would make this freaking thing happen.

Every time he ran an experiment, the lightbulb exploded. There were always people there telling him "Thomas you failed again."

His reply; "I haven't failed, I've found another thing that doesn't work and that takes me that bit closer to my dream."

It's easy to get disheartened.

Don't...

Become a glorious light bulb exploder instead.

I want to give you countless ideas and tools that will create abundance for you. But, rather than concentrate on the ones that don't work for you, I want to help you understand the ones that do. The ones that are going to awaken something in you that stirs your soul and starts making a difference right now.

My dear friend and colleague Brenda, is a master of the martial art Aikido. Brenda is tiny (and amazing). But, by learning a form that makes other people's physical strength work against them, she gets to throw far bigger people than herself to the ground with ease.

I want your abundance journey to work the same way.

Look, when changing your internal programs to suit your source code, what you really do is you free the universe, and all of that hidden energy and power to come to your aid with any dream you choose. You ignite the law of attraction by following your true, individual path and signposts.

CHAPTER 7

The John Lennon Secret

“Imagine” one of the most beautiful songs ever written – probably the most powerful affirmation ever.

Why?

Because YOU get to create your own truth and infinite power. The word imagine suggests. It doesn't describe. And it breathes a deeper energy of truth because of that.

Live from truth every time. And work on the skill of making your truth audacious. Never live in an energy of mediocre truth. It's claustrophobic, even suffocating, and abundance can't get into that space.

If your affirmations and declarations contain truth, they will manifest for you. The universe understands this. Law of Attraction doesn't just create small wins. It will create massive wins for you. Let's face it, if Donald Trump lost all of his money, he could get it back. He would simply affirm to himself, “I will attract \$1 million this week.”

It would be true for him. It would work.

So what about you?

What's your truth for the universe to manifest?

The universe knows what you love and what you hate. It knows what you believe. If you start from belief and truth (any truth, no matter how small and fragile a gem it is) you can manifest miracles VERY quickly. This is my affirmation and I see it come true every single day.

So every piece of suggestion and every affirmation you say to yourself...read on a vision board...live through your energy...should contain truth. And don't think for one moment it needs to be mediocre. Truth can give birth to incredible manifested results.

How a simple affirmation will create real life miracles for you

Make loving yourself more a goal to be constantly striving for. Super-Affirmations always come true because they ARE truth. For instance, can you say to yourself, right now (with genuine belief): "I love myself"?

If not, can you say, "I am experiencing a faint feeling of love within myself. I'm ready to accept this tiny gem of self love and let it grow each day until eventually it becomes bigger than a mountain in my world"?

Or can you say to yourself, "I want to love myself. Other people have succeeded in this endeavor and I will succeed too. I will plant the seed and watch it grow, feel it grow within me"?

You get the idea? Tweak the affirmation until it's planted in the fertile ground of truth.

Why is this so important?

Think about this. As humans, when we declare positive feelings towards ourselves, we experience two emotions. One is very positive. A positive feeling of unconditional love, and value within ourselves. The other emotion is often some kind of self-doubt or disbelief.

These two energies conflict. When they conflict, the self-doubt tends to win. Like the banker in a game of cards.

What we're searching for is a tipping point, where our internal guardian angel wins and sets us free.

Another way to internalize this idea. It's like playing two notes on a piano—one of those notes must be louder than the other one and that's the one that you're going to hear.

If you are constantly fuelling the fire and adding energy to the positive affirmation (always including truth) then the tipping point will manifest that much quicker.

The missing ingredient to make your affirmations work

Throw emotion and energy into everything you do. Even negative emotions can be transmuted into positive. Did you ever see someone red in the face with anger suddenly see the humor in a situation and burst into laughter? It can be one of the most beautiful things to witness. Do everything you do with emotion and the universe will love you for it. The law of attraction brings a tidal wave of energy that flows through emotion.

I love teaching the affirmation “Shut Up, I’m Awesome.” The idea that, when you hear this negative voice within yourself, you can answer it back by saying, “Shut Up Please, Because I am awesome.” It tells the negativity to go away and come back when it’s ready to have some fun.

Now, why might this be better than just saying “I love myself”? Why might “Shut up, I’m Awesome” be a better Super Affirmation?

Well, it’s all about trying different things until you find the thing that works best for you. If humour and laughter are part of your source code

and awaken something in you, then using this affirmation could represent an exciting breakthrough.

Understand, it's not the specific words. I certainly don't want you to walk around saying this out loud to people. They may take offence.

It's all about the energy and the emotion (in this case, fun). Have you ever noticed how laughter can feel more true than truth? "Shut up, I'm awesome" can be far more palatable to your subconscious than simply "I am awesome".

And, just as an important side note: Your subconscious is way, way more powerful than you possibly give it credit for. Most people don't realize this fact. Your subconscious knows exactly what you're going to do. It's infinitely more aware of what's happening in the universe than your conscious mind. It simply won't be bullied. It's happy for you to tell it what to do, once you master the process of doing so.

The Soulmate Secret

When you protect yourself from disappointment, loneliness, heartache and failure, you often deny yourself the thing that you want the most. You swap risk for unhappiness. If you're searching for love, for instance, you need to allow yourself to go on the journey. Someone out there is searching for you just as desperately as you're searching for them. Maybe you already know them? Maybe they're about to walk into your life (through the power of the law of attraction) just as soon as you make yourself energetically ready for them?

You've heard of what Freud called protection mechanisms, right? Well, one of the things we protect ourselves from is perceived failure. This causes so much misery and it's unnecessary when you know what to do about it.

It's also something you may have seen parents do to their children. They warn them not to be too ambitious. "Don't get your hopes up dear. You'll only be disappointed!"

It's done with love and for the purpose of protection. But ironically, that attitude can cause a mountain of disappointment and missed opportunity in the long run. It can also make you freeze like a rabbit in the headlights even years later, incapable of making decisions or seizing the day.

So give yourself permission to be a beautiful, tall poppy right now. The taller the better! The forces of abundance are searching for your tall poppy energy so that they can reward it.

CHAPTER 8

The Butterfly Secret. Works like magic

If you do something exciting for your future, the simulation and forecast of that future in your mind, changes in a flash. But is there a risk to going for it and trusting the laws of abundance to help you?

There is no real risk to chasing your dreams. As far as I can tell, it's a lot of fun and a thrilling journey. My experience with countless clients over many, many years, is that all the risk...all the frustration...and all the disappointment, is born from not chasing dreams. (But please remember, there is a way to chase dreams successfully which is like chasing butterflies. Put yourself in the right energy field, and become a magnet for those butterflies. The more direct method of butterfly catching is so much harder).

Friends and colleagues of mine who work in hospices or help people who are dying tell me the same thing again and again. When people

reach the end of their lives they never regret the things they've done. They always regret the things they didn't do.

I heard something very interesting from Mark Zuckerberg (the guy who runs Facebook). This guy built a company worth billions and billions of dollars so he obviously knows a thing or two about abundance.

It was really interesting because somebody asked him the question about how you avoid disappointments. The person asked him: "When you're building a business, how do you avoid disappointments? How do you avoid failures and that kind of thing?" and his answer was very clear...

"DON'T! Don't avoid disappointments and failures, embrace them, because that's how you really learn things".

I think the suggestion he was making was that if people try and find a way through life where you don't fall over and you don't have disappointments, then you're never really learning and you're never going to get far enough along that pathway to get to where you want to be anyway.

The law of attraction wants you to stumble and make mistakes. It wants to lift you and be there on your journey of learning, improving and evolving. It wants to help you unravel your abundance like a flower coming into bloom after the storms have passed.

Turn energy sucking vampires into sugar mice instantly

Time to banish scepticism and negativity from your life?

If you're surrounded by negative, energy sucking vampires, they must on some level believe they're invited to your party.

Imagine if you had a party and you played chamber music and presented your guests with cucumber sandwiches. The uninvited Hell's Angels guests would tend to leave don't you think?

If, on the other hand, you played Metallica and heavy metal, they would probably stay.

It all comes down to living your life in your true energy.

When you do this, all kinds of wonderful people, opportunities and adventures show up for you.

In film and theatre production the concept is called "mise en scene" or arranging a scene.

When you decide how you want your life to be you can use the concept of "mise en scene" to set the abundance energy field up just the way you want it. That way, all the right things and people will show up automatically.

And how to get rid of the energy sucking negative vampires?

Well sometimes you can't, so you make them irrelevant instead. You take away all of their power so they can't affect you.

Whether you're being negatively impacted by people today or from ghosts of the past...

Either way, JK Rowling has a great idea for you...

You remember the story of the Bogarts (the nasty things in the wardrobe)?

What you do is you take the negative person, or thing, or memory. And you turn it into something ridiculous using the magic of your mind.

And hey presto. It loses all of its power to affect you.

Take my colleague Steve. He felt that his boss was having a negative effect on him. Making him feel stressed and upset.

So he imagined him with a clown nose...clown shoes...a squeaky voice.

In his mind, he shrunk him to the size of a mouse.

From that moment onwards, Steve couldn't think about his boss without giggling and coming alive with inner joy.

You should try this out. I've seen it work again and again. It can free you from things that felt almost impossible in the past.

Another reason to use this tip immediately?

Experience tells me that if we don't master our minds in this way, they have a tendency to use the "Bogart trick" the wrong way around.

The mind actually takes nice things...nice people...exciting opportunities and turns them into scary things in the wardrobe.

As a side note, this tip on its own may not transform your life overnight. But use it every day, and combine it with the other 57 tips and you're going to notice positive changes very, very soon.

The only 2 things you ever really need

There are only two things you need to get right in order to get a suggestion, affirmation or thought to manifest into reality.

The first is desire.

Do you really, really want it? (Like you'd crawl over broken glass to get it?)

The second thing is, do you believe it's going to happen? Once you master these two dynamics, you'll be able to build what I call a belief bridge, from where you are now to any parallel universe you choose.

There are only 2 reasons people don't stop smoking. One, because they don't want to (often this is subconscious) Two, because they don't believe it's possible. Or they assume it will be incredibly difficult and painful, and they can't do it without suffering forever. (Again, this is often subconscious and it is a flawed assumption).

If you approach every goal or wish with two questions:

1. What needs to change so that I desire this more? (or perhaps I don't?)
2. What needs to change so that I believe the possibility of this more?

You'll be just fine.

CHAPTER 9

Make your affirmations twice as powerful and effective

Turn your affirmations into questions. The universe LOVES questions. If you ask the correct questions, the answers show up like magic. And you can have any life you want.

A very clever person once said "If you ask the right question, you're 50% of the way towards the answer."

I agree and I also believe the universe and your own subconscious, creative power will take you the other 50% of the way there.

Could this be true?

How can you test it?

What life might you be living this time next year if you start mastering law of attraction the Ed Lester way today?

You get the idea?

Getting the universe to finally deliver your precious wishes

I love the pictures in the Harry Potter school, Hogwarts. They move.

It's very similar to the perfect goal setting practice.

Let me explain...

What you do to create, then start to manifest amazing goals, involves two steps.

Step 1 – Imagine yourself at the Olympic games standing on the winners rostrum. Hear the crowd roar. Feel the medal around your neck. See the glint of gold and the the winning flag being raised.

A quick side note: If winning Olympic gold isn't really your big thing, then please feel free to swap this scenario for any that floats your boat, as it were.

Step 2- Now step off the rostrum and see yourself there.

This second step is key. It disassociates and makes your subconscious reach for the beautiful dream.

How do I know this works? Because scientists have proven it again and again.

If we spend too long associated in our goals, we just end up soaking our synapses in the kool aid and other happy chemicals, with nothing happening. It leads to frustration and pain and stuckness in life.

Train your mind to literally reach for your goals. Eventually your subconscious will chase them like a kitten chasing a ping-pong ball on string. And you'll find yourself rapidly moving along the path to abundance.

Ever notice how travel magazines show a beautiful destination, maybe a white sand beach and azure blue sky? And, there is always a table and empty chair. Your mind is attracted to the empty chair. It wants you to be there. Goals are the same. The law of attraction is energised by the gap between here and there. So long as it is bridgeable (see tip 21).

I worked with a professional footballer once. He was getting very nervous about shooting goals. He kept missing even though he was very talented. I insisted that he kept watching himself on TV scoring goals and burned that image into his consciousness. I didn't want him thinking about anything else. Every time he had a negative thought he was to switch that picture, either on the TV or on the TV in his mind. And he was to surround the thought with positive emotions of love and respect for himself.

It worked brilliantly. One of the reasons was that he didn't imagine himself IN the picture. I didn't want him to be a drugged, lotus eater. I wanted him to actually have to reach in his subconscious.

An example...

Don't just imagine yourself counting money and feeling it in your hands. Don't just imagine holding your soul mate in your arms in a loving embrace. For a change, stand back and imagine watching these things on

a TV in your mind. Be the star of your own romantic comedy and see yourself in your mind's eye giving the performance of your life.

Practice this enough and the law of attraction will be bloomin' well forced to deliver the dream.

Are your wishes and dreams energized?

Your wishes and dreams need to be energized the same way a battery is energized. If you think of yourself as a rechargeable battery, then ask yourself "Do my dreams and goals fill me with charge?" If not, there are many ways to redefine and redesign your dreams.

It could be time for a new journey? A new vision board, perhaps?

Tune Into The Millionaire Frequency

"To know thyself is divine". One of my favorite scenes in the movie "The Matrix" is when The Oracle tells Neo that he needs to know himself. No prophecy or psychic reading...in fact no "destiny" can unfold for you until you embrace the power of simply being you.

One thing that I've learned over many, many years of teaching personal development, is that the downright obvious is never obvious until after you get the breakthrough.

Once, a training seminar was running and suddenly the host noticed a woman in the group with her jaw pretty much dropped onto the table in front of her.

It stayed there for the whole morning.

He asked her in the break if she was ok?

She replied...

“Yes, I’m more than ok. It’s just, you said “It’s perfectly ok to be myself. I’m perfect as I am”. And it was like a whole new world lit up inside of him.”

For the first time in her life, it dawned on her that she was perfect just as she was.

It’s not something you have to “try” to do. You simply need to see yourself as unique in the way a mother sees her newborn child. Love yourself just as you are and the universe will carry you on her shoulders. That’s the deal. It’s a thing of wonder and marvel.

All affirmations and self-suggestions, in order to work really well, should be flavoured with identity— in other words, they should always reflect who you are as a person.

In other words, don’t suggest to yourself that you will have wealth. Suggest to the universe that you’re going to be a wealthy person. Suggest you already are a wealthy person if you like. So long as it has truth to it.

Many years ago when I was going through a terrible time financially, I explained to Ruth that I was a wealthy person who just happened to have no money. She was stunned. She’d never realized that’s how I thought about the world. But it’s true and it’s a great strategy.

If you are broke or in debt, struggling financially, there is no reason for money to magnetize to you. However if deep down in your identity, you truly are a millionaire (with no money) you are still a magnet.

You can be a lover who hasn’t quite manifested true love yet.

You can be an astronaut who hasn’t quite learned to talk or get out of diapers yet.

This is a much more elegant and authentically powerful version of “fake it till you make it”. I hope you’ll agree.

CHAPTER 10

The Magic of “Crazy Wisdom”

Embrace the idea of crazy wisdom. Everything you do is simply an extension of who you are. Therefore you don’t need to concentrate on “What should I do?” or “How should I change my thoughts and emotions?”

Instead, you focus on “Who am I going to be and who will I be when I’m at my truest and highest level of self?”

Don’t be afraid to walk down to the ocean and yell something profound at the top of the voice.

Don’t be afraid to dance in the rain just because you feel like it.

Don’t feel you have to hide who you are from the world.

Sometimes, the key to a breakthrough is by breaking out of the day to day trance that we all sometimes find ourselves in.

The Official Rules of the Universe.

To embrace crazy wisdom and make the universe deliver every one of your dreams, you must be prepared to set the rules. Any rules will do so long as they suit your style, strengths and source code.

The key is to live your life playing a game in which the person who wins just happens to be the person who follows your rules. (And that happens to be you, therefore the universe will declare YOU the winner every time).

“Give me an example”, you say?

One of my favorites is Richard Branson. He’s set up his entire business and life to suit his source code. He does nothing that isn’t fun. He has little involvement in day-to-day financial matters. He refuses to discipline or sack staff. Someone else takes care of those things.

Now, I’ve met people who preach that the above rule set isn’t possible:

“There will always be things in life that aren’t fun”.

“A business person MUST be good at financial accounts and be able to read a balance sheet”.

“A business owner must take responsibility for disciplining staff”.

Richard says “Baloney” to all 3. And do you think he’s a winner in his world?

You bet he is.

I wish the same kind of freedom for YOU... To be able to travel and live in peace...to sing your own song...to do as you damn well please...

Finally Get What You Want

You’ll hear me talk a lot about your source code. Here’s the thing...

Your source code is unique. And it shows up in its most pure form as energy.

Sometimes, when you were a child, you used to wake in the morning charged with this creative energy. For me it was an energy which demanded that I do something original. Something that had never been done before.

The great thing is that your source code is perfect for you. Think about it. It **MUST** be.

So can you use it to become rich, happy, loveable, enlightened?

Well, let's say for instance kindness is part of your energetic DNA.

Then you need to take the kindness and compassion you show to the world around you and point it at yourself too. You deserve that don't you?

You have absolutely no idea of how valuable and powerful you are. **YOU** can help people in the most profound of ways. Ways which light you up and take their breath away. Make them cry with joy and delight in the possibilities. You can also get paid royally for doing it.

Also, an important note: Sometimes the kindness, compassion and respect you show yourself may need to be a little challenging. Don't be afraid to call yourself occasionally. When you give yourself a much needed wake up call, the law of attraction will flow into your life effortlessly.

Live Your Way

What is your Dharma – your “way” ?

Are you free to live your life in a way that suits you? Or, are you living your life trying to be what someone else taught you to be (their Dharma)?

It's worth doing a bit of introspection on this occasionally. Take a pen and paper. Walk to a quiet spot by a lake or somewhere else tranquil. Now try and capture on that pen and paper some of the mental junk you're carrying around (and we all carry around).

- Maybe a family member told you you'd always be poor or that life is always hard
- Maybe a teacher told you that you were no good
- Maybe something bad happened, and you've been carrying around guilt
- Maybe someone did something to you, you haven't been able to forgive

List all of these things and then commit to releasing them so that you can start to fly free as a bird.

And hey! There's no rush. Remember the 1% rule?

If each day, you subconsciously release 1% of the drag and friction and mental clutter you've been carrying around for years, you'll be feeling significantly better before you know it.

Many times, some people have enjoyed this process so much they've just decided to let go of it all in one go. Can you imagine how freeing that feels?

There is nothing so powerful as feeling free to be yourself and to walk your path. Always remember, no matter how lost you feel, the distance between here and your true path is millions of times smaller than paper thin (interestingly this is the same for the gap between parallel universes).

Secrets of the Rich and Famous

Suggestions and affirmations always work best when you repeat them, not just consciously, but also subconsciously, through your moment to moment energy.

As John Lennon said, “Life is what happens to you while you’re busy making other plans”.

Most people carry a suggestion around like “Work is not fun and good jobs have to be hard. I have to work really hard and struggle just to get by”.

If you study the super-abundant people, you discover they are carrying around a different kind of internal program. They have chosen affirmations of a different nature. They make the rules. They don’t follow them. You can do this immediately. It’s simply a choice you may not have realized was available to you.

Eg most people = “My work is not fun”

Richard Branson = “I will only do it if it’s fun”.

Most people = “It won’t work”.

Steve Jobs = “It WILL work. Now we’ve made that decision, let’s start figuring out how”.

Most people = “People are difficult”.

Oprah = “People are incredible”.